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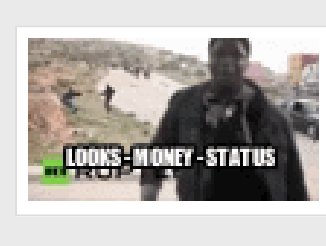

~~heilsa~~
Banned
Posts: 3,468
Threads: 97
Joined: Jun 2015

09-14-2015, 06:23 PM (This post was last modified: 09-14-2015, 06:24 PM by heilsa.) #1

Modafinil:

> **Quote:**
>
> **Public Release: 19-Aug-2015**
>
> **Systematic review shows 'smart drug' modafinil does enhance cognition**
>
> **European College of Neuropsychopharmacology**
>
> The drug modafinil was developed to treat narcolepsy (excessive sleeping), but it is widely used off-licence as a 'smart drug' to promote cognitive enhancement, where qualities such as alertness and concentration are desired to assist someone with, for example, exam preparation**.**
>
> Past studies on sleep-deprived individuals have shown a strong positive effect of modafinil on these functions, but there has been less attention and scientific consensus on the drug's overall effectiveness as a cognitive enhancer in people that are not sleep-deprived - presumably the majority of people taking it. Now, a new systematic review, published online in the peer-reviewed journal *European Neuropsychopharmacology** shows that modafinil does indeed confer significant cognitive benefits in this group, at least on a particular subset of tasks.
> Dr Ruairidh Battleday and Dr Anna-Katharine Brem from the University of Oxford and Harvard Medical School evaluated all research papers on cognitive enhancement with modafinil from January 1990 to December 2014. They found 24 studies dealing with different benefits associated with taking modafinil, including planning and decision making, flexibility, learning and memory, and creativity.
>
> Unsurprisingly, they found that the performance-enhancing capacity of modafinil varied according to the task. What emerged was that the longer and more complex the task tested, the more consistently modafinil conferred cognitive benefits.
>
> Modafinil made no difference to working memory, or flexibility of thought, but did improve decision-making and planning. Very encouragingly, the 70% of studies that looked at the effects of modafinil on mood and side effects showed very little overall effect, although a couple reported insomnia, headache, stomach ache or nausea (which were also reported in the placebo group).
>
> According to Ruairidh McLennan Battleday (University of Oxford): "This is the first overview of modafinil's actions in non-sleep-deprived individuals since 2008, and so we were able to include a lot of recent data. Interestingly, we found that the type of test used to assess modafinil's cognitive benefits has changed over the last few decades. In the past, people were using very basic tests of cognition, developed for neurologically-impaired individuals. In contrast, more recent studies have, in general, used more complex tests: when these are used, it appears that modafinil more reliably enhances cognition: in particular 'higher' brain functions that rely on contribution from multiple simple cognitive processes."
> According to Anna-Katharine Brem (University of Oxford and Harvard Medical School):
> "So, we ended up having two main conclusions: first, that, in the face of vanishingly few side effects in these controlled environments, modafinil can be considered a cognitive enhancer; and, second that we need to figure out better ways of testing normal or even supra-normal cognition in a reliable manner. However, we would like to stress the point that with any method used to enhance cognition, ethical considerations always have to be taken into account: this is an important avenue for future work to explore."
>
> Professor Guy Goodwin, President of the European College of Neuropsychopharmacology (ECNP) commented :
>
> "This overview suggests that, on current evidence, modafinil enhances cognition independent of its known effects in sleep disordered populations. Thus, the authors say that "modafinil may well deserve the title of the first well-validated pharmaceutical nootropic agent". In other words, it's the first real example of a 'smart drug', which can genuinely help, for example, with exam preparation.
>
> Previous ethical discussion of such agents has tended to assume extravagant effects before it was clear that there were any. If correct, the present update means the ethical debate is real: how should we classify, condone or condemn a drug that improves human performance in the absence of pre-existing cognitive impairment?
> As the authors point out, modafinil is not licenced for this use, and it will not be because it would be outside the current terms of reference of regulatory bodies. The non-medical use of mind altering drugs has hitherto broadly conflicted with the work ethic of many societies, has been very popular but leads to a range of demonstrable harms. Regulation has been and remains problematic. We cannot know either if demand for modafinil in the same societies will actually be significant, whether society will be more accepting and how regulation will then be framed.
>
> http://www.eurekalert.org/pub_releases/2...081815.php

Video from 2011:

Good articel in german: http://www.zeit.de/2015/35/hirndoping-ne...zentration

Possible Sideeffects:

> **Quote:**
>
> **In systematic review from 2015 it was stated that researchers "did not observe any preponderances for side effects".**[29] Although a nootropic, Modafinil is less likely than its parent drug, adrafinil, to cause side effects such as stomach pain, skin irritation, anxiety, and (with prolonged use) elevated liver enzymes.[30]
> Reported effects from patient control groups during clinical trials include:[31]
>
> - Headache (34%)
> - Nausea (11%)
> - Nervousness (7%)
> - Diarrhea (6%)
> - Insomnia (5%)
> - Anxiety (5%)
> - Dizziness (5%)
> - Dyspepsia (5%)
> - Dry Mouth (4%)
> - Anorexia (4%)
> - Flu Syndrome (4%)
> - Chest Pain (3%)
> - Depression (2%)
> - Chills (1%)
> - Neck Rigidity (1%)
>
> Serious side effects include:
>
> - Serious rash
> - Serious allergic reaction involving the liver or blood cells
> - Hives
> - Mouth sores
> - Blistering or peeling skin
> - Swelling of the face, eyes, lips, tongue, legs, or throat
> - Trouble swallowing or breathing
> - Fever
> - Shortness of breath
>
> ### Addiction liability
>
> Modafinil is an addictive drug,[35] although not necessarily to the same extent as other addictive stimulants, such as dopamine releasing agents.[35] In particular, modafinil is a euphoriant drug and dopamine reuptake inhibitor that acts on dopamine pathways – including the reward pathway – and is reinforcing, as evidenced in self-administration studies.[35] Consequently, addiction is likely to occur when modafinil is used regularly and taken in overdose as a recreational drug.

something else that enhance cognition?

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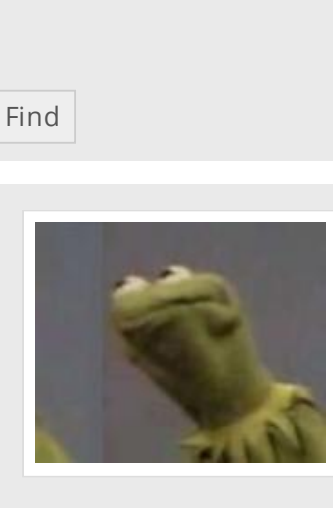


Reflex
Monster Poster
★★★★★★
BIRD
Posts: 8,106
Threads: 591
Joined: Jul 2015
Reputation: -425
Dates: Zero
Kisses: Zero
Slay Count: 3
Relationships: Zero

09-14-2015, 08:49 PM #2

Another quality thread by heilsa

Mmm mmm went the little green frog one day,
Mmm mmm went the little green frog.
Mmm mmm went the little green frog one day,
So they all went mmm mmm ah

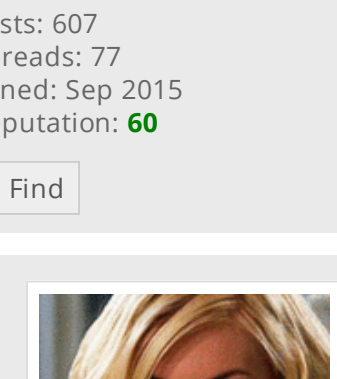
Find Reply

madskills
Senior Member
★★
Posts: 607
Threads: 77
Joined: Sep 2015
Reputation: 60

09-14-2015, 10:34 PM #3

its hard to get around it though

Find Reply

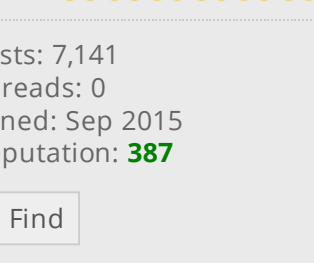


Manuel
..
★★★★★★
Posts: 7,141
Threads: 0
Joined: Sep 2015
Reputation: 387

09-15-2015, 06:47 AM #4

GLL had a link on his site to buy it, I'm pretty sure you can still get it there.

Find Reply



~~heilsa~~
Banned
Posts: 3,468
Threads: 97
Joined: Jun 2015

09-15-2015, 07:31 AM #5

> **Manuel Wrote:** (09-15-2015, 06:47 AM)
> GLL had a link on his site to buy it, I'm pretty sure you can still get it there.

Does it work for europe?

Find Reply

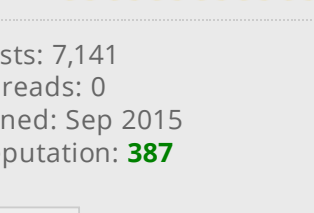
Manuel
..
★★★★★★
Posts: 7,141
Threads: 0
Joined: Sep 2015
Reputation: 387

09-15-2015, 07:34 AM #6

> **heilsa Wrote:** (09-15-2015, 07:31 AM)
>
> > **Manuel Wrote:** (09-15-2015, 06:47 AM)
> > GLL had a link on his site to buy it, I'm pretty sure you can still get it there.
>
> Does it work for europe?

I believe so, you could Viagra and Cialis from there too. If I'm wrong please let me know.

Find Reply



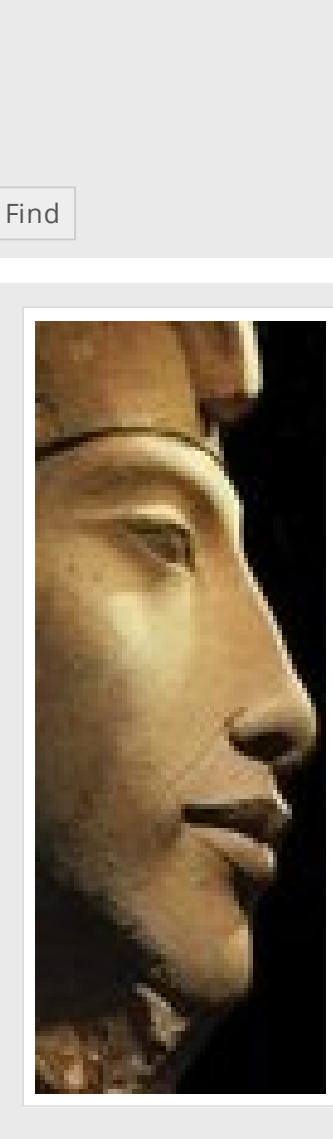
~~heilsa~~
Banned
Posts: 3,468
Threads: 97
Joined: Jun 2015

09-15-2015, 08:43 AM #7

> **Manuel Wrote:** (09-15-2015, 07:34 AM)
>
> > **heilsa Wrote:** (09-15-2015, 07:31 AM)
> > Does it work for europe?
>
> I believe so, you could Viagra and Cialis from there too. If I'm wrong please let me know.

Need link i might order some for research purporse

Find Reply



masseterGOD
Newbie
Posts: 14
Threads: 1
Joined: Aug 2015
Reputation: 0

09-15-2015, 09:41 AM #8

modafinil is good but can cause anxiety so advised to use it with phenibut(pharma grade preferred).Noopept also good to.

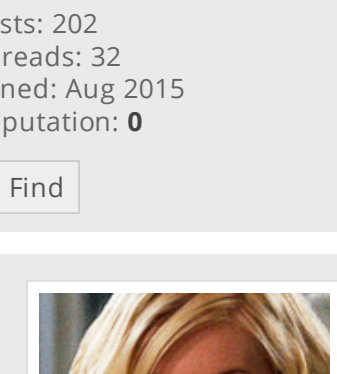
Find Reply

LifeIsAJoke
Member
★
Posts: 202
Threads: 32
Joined: Aug 2015
Reputation: 0

09-15-2015, 10:16 AM #9

I have had good experiences with adrafinil- the precursor of modafinil

Find Reply



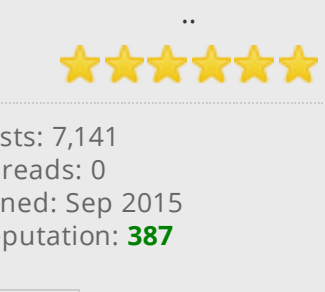
Manuel
..
★★★★★★
Posts: 7,141
Threads: 0
Joined: Sep 2015
Reputation: 387

09-15-2015, 11:32 AM #10

> **heilsa Wrote:** (09-15-2015, 08:43 AM)
>
> > **Manuel Wrote:** (09-15-2015, 07:34 AM)
> > I believe so, you could Viagra and Cialis from there too. If I'm wrong please let me know.
>
> Need link i might order some for research purporse

I will have a look for you later on, I might get some myself.

Find Reply



~~heilsa~~
Banned
Posts: 3,468
Threads: 97
Joined: Jun 2015

09-17-2015, 08:32 AM #11

need legit online source for modafinil

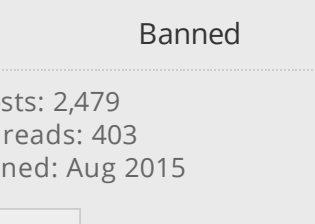
Find Reply

~~animus~~
Banned
Posts: 2,479
Threads: 403
Joined: Aug 2015

09-17-2015, 08:57 AM #12

have you tried l-tyrosine? it improves cognition also and its over the counter

Find Reply



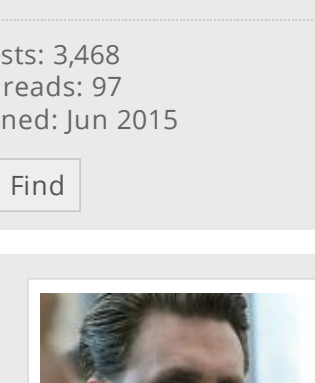
~~heilsa~~
Banned
Posts: 3,468
Threads: 97
Joined: Jun 2015

09-17-2015, 08:59 AM #13

> **animus Wrote:** (09-17-2015, 08:57 AM)
> have you tried l-tyrosine? it improves cognition also and its over the counter

i will look it up - thanks buddy

Find Reply



30sgermanyjew
Senior Member
★★
Posts: 820
Threads: 92
Joined: Aug 2015
Reputation: 0

09-17-2015, 09:09 PM #14

modafinil sucks its just like caffeine i tried every nootropic under the sky dont even bother none of them erase autism an iq 70 convict will always be better than you

www.muhdik.com - A place for slayers

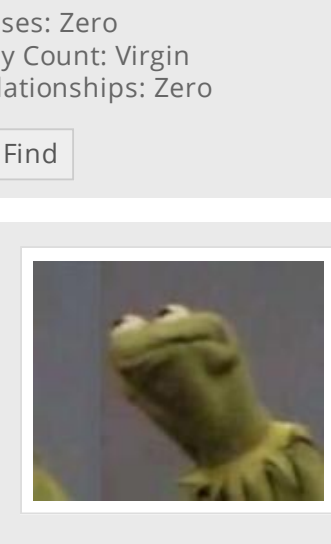
Find Reply

NormalfagsPissMeOff
Colez Biker Gang
Posts: 3,467
Threads: 161
Joined: Jul 2015
Reputation: 54
Tinder Matches: Zero
Dates: Zero
Kisses: Zero
Slay Count: Virgin
Relationships: Zero

09-19-2015, 08:09 AM #15

Another supplement worth looking into are the different racetam.
My favorite racetam to use was Aniracetam.

Find Reply



Reflex
Monster Poster
★★★★★★
BIRD
Posts: 8,106
Threads: 591
Joined: Jul 2015
Reputation: -425
Dates: Zero
Kisses: Zero
Slay Count: 3
Relationships: Zero

02-24-2016, 02:23 PM #16

bump for cliffs

Mmm mmm went the little green frog one day,
Mmm mmm went the little green frog.
Mmm mmm went the little green frog one day,
So they all went mmm mmm ah

Find Reply

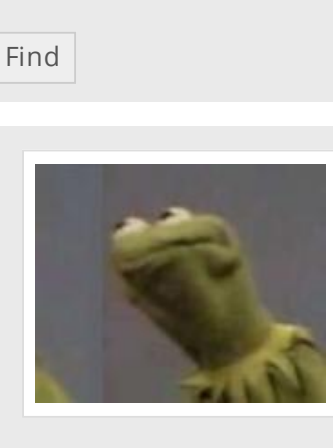
stacks on stacks nigga
Colez Biker Gang
Posts: 841
Threads: 48
Joined: Jan 2016
Reputation: 100

02-24-2016, 02:27 PM #17

> **30sgermanyjew Wrote:** (09-17-2015, 09:09 PM)
> modafinil sucks its just like caffeine

This. Doesn't do shit for me besides making me a little bit more awake.

Find Reply



Reflex
Monster Poster
★★★★★★
BIRD
Posts: 8,106
Threads: 591
Joined: Jul 2015
Reputation: -425
Dates: Zero
Kisses: Zero
Slay Count: 3
Relationships: Zero

02-24-2016, 04:34 PM (This post was last modified: 02-24-2016, 04:34 PM by Reflex.) #18

> **madskills Wrote:** (09-14-2015, 10:34 PM)
> its hard to get around it though

[Image: avatar_1301.jpg?dateline=1456260272]

> **madskills Wrote:** (09-14-2015, 10:34 PM)
> its hard to get around it though

[Image: avatar_1301.jpg?dateline=1456260272]

Mmm mmm went the little green frog one day,
Mmm mmm went the little green frog.
Mmm mmm went the little green frog one day,
So they all went mmm mmm ah

Find Reply

Brio
Super Poster
★★★
Posts: 1,845
Threads: 189
Joined: Jun 2015
Reputation: 95

5 hours ago #19

I want to try it. What do you think about adderall?

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